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关于台词的备注:

请注意这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

British Breakfast 英式早餐

Neil: Feeling hungry, Jean?

Jean: Oh I am now, Neil! That smells great, but isn't it a little early for all that meat?

Neil: Too early for bacon and sausages? No way – not in Britain anyway.

Insert

Well, I think it's fundamental to the start of the day. If I've got a long day at work, I try to eat egg and bacon in the morning cos it's protein – keeps you going all day.

Neil: That's Russell Davies who loves British Breakfasts so much he's set up his own website.

Jean: 刚才说话的这位男士极其热爱英式早餐，结果自己专门为英式早餐作了一个网站。不过这个英国的传统早餐为什么会让人如此痴狂呢？

Neil: He says it's fundamental to the start of the day.
Fundamental.

Jean: 基础的。Fundamental.

Neil: If he's got a long day at work he eats bacon and eggs for breakfast because of the protein.

Jean: 蛋白质。Protein。所以他吃腌肉和鸡蛋。

Neil: It keeps him going all day.

Jean: 这些食物给他足够的能量。 **It keeps him going. So, do all British people eat bacon and eggs for breakfast?** 所有的英国人早餐都是吃腌肉和鸡蛋吗？

Neil: **No, not everyone and not every day. It would make you very fat. Most people eat cereal and toast in the morning.**

Jean: 大多数的人早上吃麦片和烤面包。

Neil: **But at weekends and on special occasions lots of British people eat a traditional breakfast – often called “a full English”.**

Jean: **Let’s listen again.**

Insert

Well, I think it’s fundamental to the start of the day. If I’ve got a long day at work, I try to eat egg and bacon in the morning cos it’s protein – keeps you going all day.

BBC LEARNING ENGLISH

Neil: **Welcome to BBC Learning English, I’m Neil and with me today is Jean.**

Jean: **Hi!**

Neil: **Today we’re talking about the traditional British Breakfast.**

Jean: **So, what makes a traditional British breakfast?**

Neil: **Well, there are a number of different things which go into it, but two ingredients are very important – bacon and eggs. You need bacon and eggs for a fry up.**

Jean: 在英国，形容这种由腌肉和鸡蛋的英式传统早餐有这样一个常用的口语称呼，就是 **a fry up**。

Neil: **Here’s Lawrence Keogh, a chef at a top London restaurant. He’s explaining their version of a fry up.**

Insert

Sausages, field mushrooms, tomatoes, Ayrshire bacon – smoked bacon, this is a cured smoked bacon, streaky, which crisps up lovely, and a fried egg – two fried eggs.

- Neil: So, apart from the bacon and eggs there are sausages.
- Jean: 香肠、肉肠。Sausages。
- Neil: And mushrooms and tomatoes – all fried.
- Jean: 蘑菇和西红柿一起，也和腌肉和鸡蛋一样用油煎熟。
- Neil: It's usually served with toast and often baked beans as well.
- Jean: 茄汁焗豆 baked beans。He used some other words to describe the food。他还用到了其它词汇来形容这些食物。
- Neil: Yes, the bacon is smoked, cured, streaky bacon. Smoked.
- Jean: 烟熏出来的 Smoked。
- Neil: Cured.
- Jean: 腌制的 Cured。
- Neil: Streaky.
- Jean: 有纹理的 Streaky。
- Neil: He said it crisps up when you cook it.
- Jean: 变脆了。Crisp up。
- Neil: Here he is again.

Insert

Sausages, field mushrooms, tomatoes, Ayrshire bacon – smoked bacon, this is a cured smoked bacon, streaky, which crisps up lovely, and a fried egg – two fried eggs.

YOU'RE LISTENING TO BBC LEARNING ENGLISH.

- Jean: So, do people normally eat this type of breakfast in a nice restaurant?
- Neil: Not really, no. They either cook it for themselves at home, or they go to a cafe, or "caff" as some people say. The nickname for these cafes is "greasy spoon".

Jean: 一般英国人不会到那种特别好的餐厅里去吃这种传统早餐，他们会去一种英国特有的咖啡馆，这种咖啡馆有一个像外号似的名称，就叫做“Greasy spoon”。How is it different to a restaurant?

Neil: Here's Russell again from the website
“eggsbaconchipsandbeans”.

Insert

I would say that the cafe experience, it's you know, it's less than 50% the food, as it were. There's also the atmosphere, there's the fact in a decent cafe they're not going to hurry you out; there's the smells, there's the sounds... Most cafes are so small it's the best place in the world for eavesdropping and just kind of listening to the world go by.

Jean: So, it's not just the food which is important.

Neil: No, the atmosphere's important too. They're not going to hurry you out. To hurry somebody out.

Jean: 驱赶某人出去。

Neil: So they are good places to relax and enjoy the smells and sounds.

Jean: And they're usually small.

Neil: So they're good for eavesdropping.

Jean: 偷听别人的说话 Eavesdropping.

Neil: Well, all this talk of food has made me hungry, Jean. Fancy a fry up in a greasy spoon?

Jean: Sounds perfect.

Neil: If you want more help with your English, go to our website at www.bbcchina.com.cn

Jean: 是的我们的网站就是 www.bbcchina.com.cn. See ya!

Neil: Bye!